

Health and Wellness Core Group

January 5, 2010

Holiday Park Senior Center

Attendees: Wendy Friar, Lenora Sherard, Pat Streeter, Odile Saddi, Matt Kelleher, Phil Smakula, Shawn Brennan, Joanne Balkovich

CHIP Update

Commission on Aging member Tammy Duell serves as liaison to CHIP steering committee, which meets quarterly. Data regarding seniors is on the agenda of the CHIP.

Senior Sub-Cabinet Update

Presentation to CountyStat staff and Tim Firestine, Chief Administrative Officer took place on December 15. Mr. Firestine would like to reduce silos and enhance multi-disciplinary workgroups. He urged the H&W workgroup to invite Park and Planning to participate. Also, he requested quarterly reports from all workgroups.

Efficiency in Sharing Information

Since more reporting and communication will be required among workgroups, members discussed advocates creating a web page or portal to minimize e-mailing attachments among the eight workgroups. This request will be forwarded to the Senior Subcabinet.

Falls Prevention Campaign

Matt Kelleher has been providing safety training to meals-on-wheels volunteers and others who “cross the threshold” of seniors’ homes.

What will be the focus of a falls prevention campaign?

Options the group discussed:

- highlighting the falls-prevention benefits of various exercise/fitness activities
- creating a new guide to County falls prevention activities or including the information in existing guides such as the Senior Resource Guide
- communicating with physical activity instructors, providing talking points to help them increase awareness of falls prevention among their group members—it might help increase motivation to continue with exercise and provide A-Ha! moments
- gathering testimonies of older adults or have folks with falls related stories on Seniors Today.
- making sure needs of HOC residents are addressed.
- targeting messages to different sub-populations, such as nursing home residents
- encouraging hospitals to devote resources to screening senior adults for falls risk

Follow-Up Tasks

- Odile will ask Charles Smith to research falls data for Montgomery County and approach Commission on Aging members about addressing falls prevention on Seniors Today.

- Shawn will update notes on falls prevention campaign, draft flier and description of collaborators' roles.
- Lenora has an intern who will begin Jan. 28. She will ask her to work on the research question, "What physical activities have proven effective in research to reduce falls?"
- Wendy will ask Michelle Blanc to prepare a presentation on Holy Cross Hospital's falls prevention initiative during the next Health and Wellness Advisory Committee February 11, 2:00 pm.
- Matt will contact Asbury about addressing falls on their TV program and will meet with Wendy about providing fire safety training to home health workers.

Next meeting of Advisory Committee: **February 11, 2:00 pm** at Holiday Park

During the meeting, participants will be asked to share their experience with falls risk reduction.

Next meeting of the Core Group: **February 22, 2:00 pm**, Holiday Park.